Back by Popular Demand!

NEW FITNESS CHALLENGE BEGINS IN JUNE!

Forgotten Coast Fitness & Wellness Center will offer a special discount rate for Fitness Challenge Participants

Forgotten Coast Fitness and Wellness Center
Fitness Center ~ Aerobics and Pilates Classes ~ Personal Training ~ Martial Arts

Want to join a community fitness challenge? Now is Your chance!

FITNESS CHALLENGE INFO:

You MUST register the first week of June to participate in the challenge.

-12 Week Weight Loss/Fitness Challenge (June 1- August 28, 2015)
- The cost is **$15 per participant.**
- 1st place winner will take home 50% of participant pot, 2nd place-30%, 3rd place-20%.
- Results are based on **percentage of weight loss** so that it is fair for all!
- There will be a **weigh-in every 3 weeks** to keep everyone motivated.
- Workout **on your own or coordinate** with a group.

Florida HEALTH HealthiestWeight

***Registration and Weigh-ins will be held at the Florida Department of Health in Franklin County locations:**

APALACHICOLA:

139 12th Street, Apalachicola, FL 32320

8:00-5:00 pm EST— MON-FRIDAY

Ask for Alma Pugh 850-653-2111 x 133
Talitha Robinson 850-653-2111 x 102

June 1-5: Initial Weigh-in
June 17-18: 3 week weigh-in
July 8-9: 3 week weigh-in
July 29-30: 3 week weigh-in
August 28: Final weigh-in

CARRABELLE:

106 NE 5th Carrabelle, FL 32322

8:00-5:30 pm EST MON-THURS

Ask for Amy Crosby, 850-697-4121 ext 0

June 1-5: Initial Weigh-in
June 17-18: 3 week weigh-in
July 8-9: 3 week weigh-in
July 29-30: 3 week weigh-in
August 28: Final weigh-in

This event is brought to you by the Franklin County Community Health Improvement Partners. "Like" the Facebook page to stay informed:

https://www.facebook.com/C.H.I.P of Franklin County